

Michigan Department of Community Health
Recovery Council Meeting
Friday, January 20, 2006
10:00 am – 2:00 pm
Constitution Hall, Lansing

Meeting Summary

- I. Irene Kazieczko, Co-chair of the Recovery Council, thanked everyone for coming and introduced Janet Olszewski, Director of the Michigan Department of Community Health.
- II. Janet Olszewski thanked everyone for his or her participation in obtaining the grant and for sitting on the Council. She said that she has spoken to Governor Jennifer Granholm and Senator Beverly Hammerstrom about the Recovery Council, and they both believe that it is exciting and important for the State of Michigan.

Director Olszewski said that she believes the Recovery Council and the work that Council members will do is very important because people need to be at the center of the public mental health system. She said that Michigan is recognized by other states as having made significant progress in regards to Person-Centered Planning and Self-Determination. However, she said we have not done a good job with building recovery into the center of our system. She is looking forward to the Council's advice on how we, as a state and as local bureaucracies, can make recovery central to our public mental health system and help people to see that they can recover, that it is obtainable.

She thanked the Council, in advance, for their hard work and advice. She said she is looking forward to hearing the Council's recommendations.

She asked if there were any questions for her. Pamela Stants asks: How can we best advocate to the federal government to not cut services? Director Olszewski responded that this is best done by writing letters to your local Senator and Representatives about your concerns and through continued advocacy with the Senate and House. She also said that targeting members on the House Energy and Commerce Committee would be a good idea as well.

- III. Introductions were made:
Irene introduced Teri Johnson and thanked her for all of her hard work in getting a meeting room for the Council, arranging for the food, and for helping to put together the binders that each Council member received today. Pam Werner thanked Teri as well. Pam spoke briefly about the binders and the information that was included in them.

Irene introduced Phil Royster as the Co-chair of the Council.

Irene introduced Colleen Jasper, Director of the Office of Consumer Relations, MDCH. Colleen spoke about her role in the Department and a little about herself. She is a primary consumer and her background is in education. She wanted to let everyone know that the annual Consumer Conference is going to be held on July 27, 2006 at the Kellogg Center in East Lansing.

Introduction of Council members:

Gerald Butler, DWCMH, wanted to remind everyone of Consumer Empowerment day, March 3rd in Detroit.

Diane Levande, State Advisory Council on Aging.

Rob Grimes, works in the rights office at network180.

Ron Kidder, ACT Programs, Muskegon.

Jean Dukarski, Justice in Mental Health Organization.

Joel Berman, Schizophrenics Anonymous, co-occurring disorders.

Risa Coleman, Detroit-Wayne County CMH.

Judith Hutchins, NAMI of Michigan.

Leslie Sladek, Peer Support Specialist, Northern Lakes CMH.

Carol Wotring, Clubhouses.

Marty Raaymakers, Practice Improvement Steering Committee at MDCH.

Fran New, Liberties South Drop-in Center.

Greg Paffhouse, Northern Lakes CMH Authority, MI Association of CMH Boards.

Ernie Reynolds, Northwest CMH Affiliation, consumer, director of a drop-in center.

Marianne Huff, Michigan Protection and Advocacy Services.

Wally Tropp, Jackson Drop-in Center, representing LifeWays MCO.

Joanie Anderson, CMH Central Michigan, Peer Aide, soon to be Peer Supports Specialist.

Pam Landry, Oakland County, Peer advocate at intake.

Pam Werner, MDCH.

Pat Baker, Bay-Arenac Behavioral Health, CMH Drop-in Program Liaison.

Gail Orris, representing Bay-Arenac Behavioral Health.

Andria Jackson, Detroit-Wayne County CMH.

Patti Cosens, Northern Affiliation, Peer Support Specialist, RN.

Amelia Johnson, Saginaw County CMH Authority, Case Management.

Barb Robertson, ARE of Jackson, representing rural drop-in centers.

Pamela Stants, consumer representative for the CMH Affiliation of Mid-Michigan (Clinton, Eaton, Ingham, Ionia, Gratiot, Newaygo, and Manistee-Benzie counties).

Donna Orrin, WCHO Member Services.

Nancy Auger, Genesee County CMH Services, Consumer Services.

Mary Beth Evans, Northern Lakes CMH Authority, Peer Support Specialists in Michigan.

Sherri Rushman, Oakland County CMH Authority, representing WRAP trainers/facilitators.

Irene Kazieczko, MDCH, Co-chair of the Council.

Phil Royster, Co-chair of the Council, Kalamazoo CMH Services, representing the Southwest Affiliation and supported education.

Partners in attendance were:

Patrick Barrie, MDCH.

Judy Webb, MDCH.

Mark Kielhorn, MDCH.

Su Min Oh, MDCH.

Patricia Degnan, MDCH.

Karen Cashen, MDCH.

Michael Jennings, MDCH.

John Jokisch, Specialist, MDCH.

Tison Thomas, MDCH.

Sue Eby, MDCH.

Teri Johnson, MDCH.
Kendra Binkley, MDCH.
Kris Burgess, CMH Services of Muskegon County.
Steven Batson, Motor City Clubhouse in Detroit.
Shannon Wood, Self-Determination Coordinator for Kalamazoo CMH.

- III. Approve Minutes from the meeting held on December 16, 2005:
Council will take some time to read over the minutes from December meeting and will address this at the end of today's meeting.

- IV. Participation Guidelines and Meeting Schedule:
Irene distributed a sheet with proposed ground rules for brainstorming and discussion that she thought the group could utilize. She asked Council members to look it over and provide feedback.

Irene asked Council members to look at the proposed meeting dates. The Council shall meet every-other-month and establish smaller work groups to meet between meetings.

- V. Pam Werner went through the Recovery Council notebook and the handouts included in the notebook. She directed attention to the research project titled, "Mental Health Recovery: What Helps and What Hinders?" She indicated that NTAC might financially support bringing Steve Onken to Michigan. Steve Onken is the leader of the team of researchers who evaluated recovery.

Ernie Reynolds asked if the Council would be interested in getting Jean Campbell, researcher and consumer, to come to a meeting and speak. Irene answered that she thinks that may be possible. Ernie has a DVD available if people are interested. The DVD takes a look at recovery after 6 months, after a year, and issues with the judicial system. Ernie says that perhaps we could have it available for people to view before or after the next meeting.

- VI. MDCH Presentations:
Irene said we are here to figure out how to impact the public mental health system so it makes sense to briefly go over what the public mental health system looks like in Michigan. Irene, Judy Webb, and Mark Kielhorn will give brief overviews of Michigan's system.

Irene gave an overview of the Michigan Mental Health System. She distributed a handout titled, "Michigan's Mental Health System."

- In Michigan, the public mental health system is specified in the Michigan Mental Health Code, Public Act 258 of 1974.
- The State of Michigan carries out the responsibilities of the Code through a state department: the Michigan Department of Community Health.
- The MDCH contracts with 46 Community Mental Health Services Programs (CMHSP) that serve the entire state.

- The MDCH contracts with 18 Prepaid Inpatient Health Plans (PIHP) to deliver Medicaid waiver services to the entire state.

Mark Kielhorn gave a brief history of the MDCH and went over the contracting process. He distributed a handout detailing the structure, funding, services, and accountability and protections of our system.

- He went over the general service structure (described on the handout).
- He briefly explained the complex funding structure (described on the handout). He pointed out that 30 years ago it was all state tax money, but now it is 70% federal funds matched with state dollars.
- He went over the Mental Health Code Services and Medicaid Mental Health Services.
- He spoke about accountability measures and recipient rights and protections.

Judy Webb spoke about the mental health service array. She distributed handouts titled, "Michigan's Specialty Services and Supports" and "Mental Health Service Array." She went through her handouts, which described the following:

- Mental Health Code-Mandated services.
- Adult Benefit Waiver services.
- Medicaid State Plan Specialty Services and Supports.
- Additional or "b3" Medicaid Specialty Services and Supports.
- The term "Medical Necessity" and the meaning of "amount, scope and duration."
- Questions and/or comments followed:
 - Pam Landry commented that people move out of the system because they obtain their goals and are doing better, but then CMH staff tends to see them back within 3 months. Judy acknowledged that may happen and suggested that perhaps some people are discharged from services too early. She also encouraged CMH staff to look into "maintaining" function.
 - There was also discussion regarding a population of people who have no insurance, are not eligible for Medicaid, nor are they eligible for the Adult Benefit Waiver.
 - Marianne Huff said that she was excited about CLS being made more available. She said that she is excited about services following the person instead of people being yanked out of their homes and put into residential or specialized housing. She also commented on how important the Person-Centered Plan was and consumers knowing about their rights in the system.

Patricia Degnan spoke about the Request for Proposals for the Mental Health Block Grants that her division manages. She distributed two handouts.

- Mental Health System Transformation Practice Improvement Infrastructure Development Block provides funds for programs aimed to:

- Create the leadership infrastructure necessary to support and guide system transformation efforts.
- Promote the diffusion of evidence-based practices such as Family Psychoeducation, Integrated Treatment for Co-occurring Disorders, and Parent Management Training Oregon Model throughout the public mental health system.
- The Adult Mental Health Block Grant provides funds for programs that target new and innovative projects that go beyond the basic service capacity. Projects in the following areas may apply to receive funds through this grant:
 - Anti-Stigma; Advance Directives (Crisis Planning); Peer Support Specialists; Person-Centered Planning; Self-Determination; Jail Diversion; Recovery; Consumer-Run, Delivered, or Directed Services; Supports and Services for Older Adults; Clubhouse Programs; Supported Employment; Homeless Populations; and Other Special Populations.
- Discussion followed regarding the importance of educating the public and consumers about co-occurring disorders. Some Council members feel this is a hugely overlooked area and more time and resources definitely need to be spent on education, public awareness, and services for people with co-occurring disorders.
- Patty Degan then went on to say that there would be an RFP issued for year 2007, hopefully by the end of February, which will be asking PIHPs and CMHSPs to describe their system of care and what they see as its greatest needs - what they think consumers need but is lacking in the system and what could be done to improve the services that consumers are getting.

VII. Recovery Council Representation on Workgroups and Committees:

- Irene asked if any Council members would like to look at the RFP by email and see if it addresses recovery. Patty is sending around sign-up sheets for reviewing the RFP from a recovery perspective. She is also sending around sign-up sheets for Council members who would want to be part of the review panel for the Adult Mental Health Block Grant RFPs.
- Marianne Huff asked if RFPs are only available for CMHs and PIHPs. Irene says that the federal requirement for the grant funds is with the state's system of care - the 46 CMHs and 18 PIHPs.
- Irene encouraged Council members to help spread the recovery message by getting involved and signing up to be a part of the State Integrated Treatment Group and/or the newly formed Customer Service Group. There were sign-up sheets sent around for each of these groups.
- Discussion followed about the importance of getting consumers involved in every committee and workgroup at all levels in the system and that Council members need to encourage other consumers to get involved.

VIII. Mary Beth Evans – Peer Support Specialist Update

- She gave an update on the Peer Support movement. This is a very exciting and significant movement. There have been two trainings at Higgins Lake so far with national experts from Georgia participating.
- She indicated that there has also been supervisor training to educate supervisors about Peer Support.
- Email addresses were exchanged as a way to stay connected and communicate after the trainings. There are 90 peers now, and this number continues to grow. All 90 are a part of the email group, and they have also started a blog.
- Discussed the next steps of the Peer Support movement including certification. There was some discussion that followed this regarding the importance of becoming certified.
- Joel Berman stated that he was at the training and believes that just by taking the training it kicked him into recovery. People in his area of the state now want to know about it and be trained in it.
- Some Council members expressed interest in going to trainings. Pam Werner says that a letter from Irene Kazieczko will be sent soon with information about the next training. She said that two people from each PIHP would be able to attend the training.
- Pam gave a huge thank you to Northern Lakes CMH, and said that they would never be able to do this without them. She wanted to acknowledge Val Bishop, who wrote an excellent RFP and carried it out and Mary Beth Evans for all of the work she has done to help the movement.
- Pam pointed out that the Peer Support movement is evolving from a promising practice to an actual evidence-based practice.
- Joel Berman asked if Peer Support is a Medicaid service. Irene answered yes - it's on the list of b (3) services. The way to access it is through the PCP. Another question came up as to whether CMHs are required to provide Peer Support. Irene said that it is on the list of b (3) services, and if a consumer wants Peer Support and addresses it in their Person-Centered Plan, the CMH must have it available.
- There was discussion about the fact that people don't know that it is available so they don't ask for it. The system needs to do a better job of informing people about what's available. Irene says this concept is very new so information might not be out there yet or there may not be a good understanding of it. MDCH is still trying to get the word out. Education is still going on.
- Marty Raaymakers suggested that there be information available or a seminar about Peer Support Specialists at the MACMH Board's Spring Conference.
- Some Council members would like to have something on the next Recovery Council agenda to address Outcome Measurement Field Testing.
- Judith Hutchinson said she would like to have clubhouse rules and issues of uniformity discussed at a future meeting.
- Greg Paffhouse thinks it is important to have a discussion about principles or beliefs that this group has, something we stand for, that could be shared with others. Irene suggested that a work group be formed to draft some values and

visions for the Council. She asked who would like to be on this work group? Volunteers were: Pat, Sherrie, Marty, Colleen, Irene, Phil, and Leslie.

- Heather Visingardi said that she believes it is important for the MDCH to advance public policy that promotes what the Council is talking about (recovery and peer involvement).
- Gerald Butler would like some discussion to occur about when people are released from jail - what happens in the two-three hours immediately after they are released and how peers can somehow be involved at this level.

- X. Irene went over a few things that will happen before the next meeting:
- There will be representatives from the Council to comment on the System Transformation Practice Improvement Infrastructure Development RFP (sign-up sheet is going around).
 - Identify Council members to serve on the review teams for the RFP's for the Adult Mental Health Block Grant (sign-up sheet is going around).
 - Recovery Council members will become part of the Statewide Integrated Treatment Group (sign-up sheet is going around).
 - There will be a sub-group of the Recovery Council formed in order to draft a mission, vision, and values for the Recovery Council. They will send a draft to all Council members.
- XI. Minutes from December 16, 2005 meeting:
- On page 3, six bullets from the bottom, change to "life satisfaction outcomes."
 - Page 3 – don't use "case managers" instead use "all people."
 - Minutes approved.
- XII. Irene and Phil thanked everyone for their participation and said they looked forward to the work ahead.